

Intramural Sports Volleyball Rules

Please see Intramural General Policies and Procedures for policies such as eligibility, forfeits, conduct, and sportsmanship at:

<http://www.iusb.edu/~sbsac/shortrules/generalpolicies.pdf>.

GAME RULES

The match begins with a coin toss, the winner of which chooses either the side of court or to begin play with the ball. Rally scoring is used for all games. A point is awarded with each serve. The winner of the point is also awarded the next serve.

- To Win a Match:
 - A match is won by the team that wins the best of three games.
- To Win a Game:
 - A game is won by the team which first scores 21 points with a minimum lead of two points.
- There is a 60 minute time limit for each match.

OFFICIATING

Games are played without officials. Both teams are expected to make all judgment calls for their own game by the players currently playing the game. In the event of a dispute, the point is replayed. If irreconcilable disputes occur, the intramural supervisor on duty arbitrates.

PLAYER POSITIONS AND ROTATIONS

- Positions:
 - At the moment the ball is contacted by the server, each team must be within its own team court in two rows of three players.
 - Three players are in the front row and three players are in the back row.
 - Once the ball is served, players may move to any position on their playing surface.
- Rotation:
 - When a team gains the right to serve, its players must move one position clockwise.

SUBSTITUTION OF PLAYERS

- Limitations of Substitution:
 - One substitute is permitted during a rotation; to the team that is rotating.
 - All substitutes for a team must enter in the same position throughout the game.
 - More than one substitute may enter the game in each position order.

PLAYING THE BALL

- Team Hits:
 - Each team is entitled to a maximum of three hits (in addition to blocking) to return the ball to the opponents.

- Team hits include not only intentional hits by a player, but also unintentional contacts with the ball.
- A player may not contact the ball with two separate and consecutive motions.
- Simultaneous Contact:
 - Two or more players may touch the ball at the same time.
 - When two or more teammates touch the ball simultaneously, it is counted as one contact. Any player may play the ball next if the simultaneous contact is not the third team contact.
 - If two opponents simultaneously contact the ball and it remains in play, the team receiving the ball is entitled to another three hits. If such a ball goes out, it is the fault of the team on the opposite side.
- Assisted Hit:
 - A player is not permitted to take support from a teammate or any structure/object in order to reach the ball. However, a player who is about to commit a fault may be stopped or held back by a teammate.
- Characteristics of the Hit:
 - The ball may touch any part of the body.
 - The ball must be hit, not caught or thrown. It can rebound in any direction.
 - The ball may touch various parts of the body, provided that the contact occurs simultaneously.
 - ❖ Exceptions:
 - During blocking, consecutive contacts may occur by one or more blockers, provided that the contacts occur during one action.
 - During the first hit of a team (not blocking), the ball may contact various parts of the body consecutively, provided that the contacts occur during one action.
- Faults in Playing the Ball:
 - Four Hits: A team contacts the ball four times (excluding blocking) before returning it to the opponents.
 - Assisted Hit: A player takes support from a teammate or any structure/object in order to reach the ball.
 - Catch: A player does not hit the ball, and the ball is caught and thrown.
 - Double Catch: A player contacts the ball twice in succession, or the ball contacts various parts of the body successively.
 - Illegal Hit: A player, in a non-playing area, plays the ball.

BALL AT THE NET

- Ball Crossing the Net:
 - A ball sent to the opponent's playing area must pass over the net within the crossing space. The crossing space is the part of the vertical plane of the net.
 - A ball penetrating the opponent's side of the crossing space may be played back to a teammate, provided it has not completely crossed the vertical plane of the net at the moment of contact.
 - The ball is out when it completely crosses the space under the net.
- Ball Touching the Net:
 - The ball may touch the net while crossing it.

- Ball in the Net:
 - A ball driven into the net may be recovered within the limits of the three team hits.

PLAYER AT THE NET

- Playing Space:
 - Each team must play within its own playing area and space.
 - ❖ Players may play the ball over non-playing areas, provided that they have a body part in contact with the playing area at the time the ball is contacted. They may enter the non-playing area after playing the ball.
 - ❖ Non-playing areas are defined as:
 - Walls, bleachers, or other spectator seating areas.
 - Team benches and areas behind team benches.
 - Area between the scorekeepers table and the team benches.
- Reaching Beyond the Net:
 - In blocking, a blocker may contact the ball beyond the plane of the net inside the antennas, provided that the blocker does not interfere with opponent's play.
 - A player making an attack hit is permitted to pass hands beyond the net after the hit, provided the ball is contacted within his/her own playing space.
 - A player is permitted to pass hands beyond the net inside the antennas and contact the ball over the opponent's court on his/her team's first or second hit, provided the ball has not completely crossed the vertical plane of the net and is directed back into the player's own playing space.
- Penetration Under the Net:
- A player may reach or penetrate under the net, provided it does not interfere with the opponent's play.
 - Penetration into the opponent's court, beyond the center line, to:
 - ❖ Touch the opponent's court with hands or feet is permitted, provided some part of the penetrating hand or foot is in contact with, or directly above, the center line.
 - ❖ Contact of the opponent's court with any other part of the body is a fault.
 - A player may enter the opponent's court only after the ball is out of play. A player may enter into an opponent's free zone, provided this does not interfere with the opponent's play.
- Contact With the Net:
 - It is a fault to touch any part of the net or the antennas, except for incidental contact by a player's hair and insignificant contact by a player not involved in the action of playing the ball.
 - A player may touch a post, a rope, or any other object outside the total length of the net, provided the contact does not interfere with play.
 - When the ball is driven into the net and causes it to touch an opponent, no fault is committed.
- Player's Faults at the Net:
 - The following faults result in loss of rally. A player:
 - ❖ Touches the ball or an opponent in the opponent's space before or during the opponent's attack hit.

- ❖ Penetrates into the opponent's space under the net, interfering with the opponent's play.
- ❖ Penetrates into the opponent's court.
- ❖ Touches the net while in the action of playing the ball.

SERVICE

- Definition:
 - The service is the act of putting the ball into play by the right back-row player who hits the ball with one hand or arm from the service zone.
- First Service in a Game:
 - The first service of game one, and any deciding game, is executed by the team determined by the coin toss.
 - Other games are started by service from the team that did not serve first in the previous game.
- Service Order:
 - The players must follow service order as dictated by the original lineup.
 - After the first service of the game, the player to serve is determined as follows:
 - ❖ When the serving team wins the rally, the player who served before serves again.
 - ❖ When the receiving team wins the rally, it gains the right to serve and rotates clockwise.
- Execution of the Service:
 - The server may move freely within the service zone. At the moment of the service hit or takeoff for a jump service, the server must be completely in the service zone and not touching the court or the playing surface outside the zone. After the service, the player may step or land anywhere.
 - The server must contact the ball within eight seconds after the referee whistles for service.
 - A service executed before the referee's whistle is canceled and repeated.
 - After clearly being tossed or released, the ball shall be contacted with one hand or any part of one arm before it touches the playing surface.
 - Only one toss or release of the ball, which can be considered part of the service action, is allowed.
- Service Toss:
 - One service-tossing error is permitted for each service.
 - The server must let the ball drop completely to the ground without touching it.
- Screening:
 - The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball.
 - ❖ A player of the serving team makes an individual screen if the player waves arms, jumps, or moves sideways when the service is being executed and the ball is served over that player.
 - ❖ A team makes a collective screen when the server is hidden behind a group of two or more teammates and the ball is served over them.

- **Illegal Service:**
 - The following faults lead to a change of service, even if the opponent has a position fault. The server:
 - ❖ Violates the service order.
 - ❖ Does not execute the service properly.
 - ❖ Violates the rule of service tossing error.
- **Service Faults:**
 - After the ball is correctly hit, the service becomes a fault if the ball:
 - ❖ Touches a player of the serving team.
 - ❖ Fails to pass through the crossing space.
 - ❖ Touches the antenna or other external object.
 - ❖ Lands out.
 - ❖ Passes over an individual or collective screen.

ATTACK HIT

- **Definition:**
 - All actions directing the ball toward the opponent, except a serve or block, are attack hits.
 - During an attack hit, tipping with the fingers is permitted if the contact is brief and the ball is not caught or thrown.
 - An attack hit is completed the moment the ball completely crosses the vertical plane of the net or is touched by an opponent.
- **Front-Row Player's Attack Hit:**
 - The front-row player may carry out an attack hit at any height; provided the ball contact has been made within the team's playing space.
- **Restrictions to a Back-Row Player's Attack Hit:**
 - A back-row player may complete an attack hit from behind the front zone. At takeoff, the feet must neither have touched nor crossed over the attack line or its imaginary extension. After the attack hit, the player may land within the front zone.
 - A back-row player may also carry out an attack hit from the front zone if, at the moment of contact, any part of the ball is below the top of the net.
- **Attack Hit Faults:**
 - A player initiates an attack hit on the ball completely within the playing space of the opposing team.
 - A player hits the ball out.
 - A back-row player completes an attack hit from the front zone when, at the moment of contact, the ball is entirely above the top of the net.
 - A player completes an attack hit on the opponent's serve when the ball is entirely above the top of the net.

BLOCK

- **Definition:**
 - Blocking is the action that deflects the ball coming from the opponent by a player close to the net reaching higher than the net.

- ❖ Block Attempt: A block attempt is the action of blocking without touching the ball.
- ❖ Completed Block: A block is completed whenever the ball is touched by a blocker. Only front-row players are permitted to complete a block.
- ❖ Collective Block: A collective block is executed by more than one player in close proximity. It is completed when one of the players touches the ball.
- Block and Team Hits:
 - A block contact is not counted as a team hit.
 - After a block contact, a team is entitled to three hits to return the ball to the opponent.
 - The first hit after a block may be executed by any player, including the player who contacted the ball to complete the block.
- Block Within the Opponent's Space:
 - In blocking, a player may place hands and arms beyond the net, inside the antennas, provided that the action does not interfere with the opponent's play.
 - ❖ Blocking the ball across the net above the opponent's team area is permitted, provided:
 - The block is made after the opponent has executed an attack hit.
 - The block is made after the opponent has hit the ball in such a manner that the ball would, in the referee's judgment, clearly cross the net if not touched by a player and no member of the attacking team is in position to make a play on the ball.
 - The ball is falling near the net and no member of the attacking team could make a play on the ball.
 - ❖ Any third hit by the opponent is an attack hit and may be blocked at any time after the contact.
- Blocking Contact:
 - Consecutive contacts may occur by one or more blockers, provided the contacts are made during one action.
 - These contacts may occur with any part of the body.
- Blocking Faults:
 - A blocker touches the ball in the opponent's space before or simultaneously with the opponent's attack hit.
 - A back-row player completes a block or participates in a completed collective block.
 - A player blocks the opponent's service.
 - The ball lands out after contacting the block.

Interruptions and Delays

Regular Game Interruptions:

- Categories:
 - Regular game interruptions are substitution periods and timeouts.
- Number of Interruptions:
 - Each team is entitled to one 30-second timeout per game.
 - Each team may make unlimited substitutions during a game.

- ❖ Only one substitute may enter the game during each rotation to the team that is rotating.
- ❖ Substitutes must enter at the same position throughout the game.

Intervals and Change of Courts:

- Intervals:
 - The interval between games is two minutes.